

Comparison of Selected Psychological Variables among Different Positional Male Football Players

Sali K. S.*

Assistant Professor, Christ College Autonomous, Irinjalakuda, Thrissur, Kerala
Email - salinidhin14@gmail.com

Abstract

Aim of the analysis was to look at chosen Psychological variables among various positional male football players for example midfielders, strikers and defenders. For this purpose a sample of sixty (N=60) male football players, which includes 20 strikers, 20 midfielders and 20 defenders were selected from Christ college Irinjalakuda and SSUS Kalady. Their age ranged between 18-25. All the participants were informed about aim and methodology of study and they volunteered to participate in this study. The test was performed on selected psychological variables such as trait anxiety, aggression and self-confidence. One path investigation of change (ANOVA) was applied to discover the critical difference as to chosen psychological variables of male football players of various playing position. The post-hoc analysis of Scheffe was applied to see the bearing and hugeness of contrast where 'F' recognition was measurably noteworthy.

Keywords: anxiety, aggression, self-confidence, positional players, football

INTRODUCTION

Football is a highly competitive sport in the world, which needs high level of physical, physiological and psychological fitness. It is now well recognized fact that modern sports are more than muscle strength apart from genetically endowed physical qualities, psychological traits plays a significant role in making participants to give extreme performance in competitive sports. There is a number of physical and mental components that contribute successful performance in sports, and success requires the whole range of factors to come together and interact in the right way. For many sports fitness factors are most important, though the mental aspects are also essential at the elite level. In recent years, literature of physical education and sports indicates that physical, psychological and environmental factors – besides fitness, physique and skill of the activities, there are also various psychological factors

- intelligence
- attitude
- motivation
- Stress
- Anxiety
- Aggression
- Self-confidence etc.

STATEMENT OF THE PROBLEM

The reason for the investigation was to think about the chosen psychological parameters (trait anxiety, aggression and self-confidence) between various positional football players (strikers, midfielders and defenders).

DELIMITATION

The study was delimited to the following aspects

- i. Sixty male football players were selected from Christ College Irinjalakuda and SSUS Kalady.
- ii. The age of the players ranged between 18-25 years.
- iii. The trait anxiety, aggression and self-confidence were delimited as psychological fitness variables.

LIMITATION

The study was conducted with the following limitation

- i. Certain factors like habits, life style, daily routine work, diet might have influenced the results which were not considered in this study.
- ii. The players were from different social, cultural and economic status which was taken a limitation of this study.
- iii. The subject may read differently into each question and therefore, reply will based on their own interpretation of the question

DEFINITION AND EXPLANATION OF TERMS

Anxiety

Anxiety is defined as the psychological mechanism whereby the current intensification of a dangerous drive results in the elicitation of defenses. (G C Rosenwald 1961)

Aggression

Aggression is a set of behaviors that are likely to, or have the potential to, cause harm to others, are intended to values harm, and are goal – directed (Berkowitz, 1993)

Self-confidence

Self-confidence as an athlete's realistic expectations about achieving success, and stated that self-confidence is not what athletes "hope" to accomplish ,but rather what they realistically "expect" to accomplish.(Rainer Martens).

METHODOLOGY

Selection of subjects

To achieve the purpose of the study sixty men football players aged between 18 –25 were selected as the subjects at random. The subjects were from selected from different football clubs in Christ College Irinjalakuda and SSUS Kalady

Selection of variables

Anxiety, aggression and self-confidence were selected as the independent variables

Selection of test

The selected variables were tested by using the standardized tests and are represented in Table-I

TABLE-I

S. No.	Variables	Tests	Units of Measurement
1.	Anxiety	Spielberg anxiety questionnaire	Points
2.	Aggression	Buss & Perry aggression questionnaire	Points
3.	Self confidence	Philippe David self-confidence questionnaire	Points

Reliability of the data

The reliability was accomplished by computing through the reliability of instrument, reliability of subject and reliability of analyzer.

Instrument reliability

The questionnaires administered were used in assessing the chosen psychological factor for years together by various psychologists. Apart from this, the authors developed the questionnaire found the reliability and validity of the tests and the key for scoring the responses. These were taken as correct and thus the reliability of the questionnaire found by the authors was accepted for the aim of this study.

Subject reliability

In order to get the same result, the same tests were used to measure the independent variables with the same subjects by the same investigator were considered.

Tester's reliability

The assistance of psychological professional was used for administration of various test items. They were oriented about the procedures of measuring and recording the scores in each variable.

TEST ADMINISTRATION**Anxiety**

Anxiety was measured through the trait anxiety questionnaire. The anxiety questionnaire was designed to measure the degree of anxiety experience before the competition. It was developed by Spielberg (1972). Spielberg trait anxiety questionnaire was given to all subjects. Twenty items were adopted from Spielberg trait anxiety questionnaire for this investigation.

The inventory was scored with the help of a scoring key and individual scores were obtained. The total score constitute the psychological anxiety score. The complete questionnaire is scored as follows;

Scoring Key

TABLE-II

Sl. No.	Response	Score of Positive Statement	Score of Negative statement
1.	Not at all	1	4
2.	Some what	2	3
3.	Moderately so	3	2
4.	Very much	4	1

Aggression

Aggression was measured through the aggression questionnaire. The aggression questionnaire was designed to measure the degree of aggression experience prior to the competition. It was developed by Buss & Perry, 1992. Buss & Perry aggression questionnaire was given to all subjects. Twenty nine items were adopted from Buss & Perry aggression questionnaire for this investigation.

The inventory was scoring with the help of a scoring key and which is given individual score. The total score constitutes the psychological aggression score. The range of psychological aggression score of the subject is given in appendix. The complete questionnaire is scores as follows;

The two questions with the asterisk are reverse scored.

The Aggression scale consists of 4 factors, Physical Aggression (PA), Verbal Aggression (VA), Anger (A) and Hostility (H). The total score for Aggression is the sum of the factor scores. Using the 5 point scale shown below, indicate how uncharacteristic or characteristic each of the following statements is in describing you. Place your rating in the box to the right of the statement.

- 1 = extremely uncharacteristic of me
- 2 = somewhat uncharacteristic of me
- 3 = neither uncharacteristic nor characteristic of me
- 4 = somewhat characteristic of me
- 5 = extremely characteristic of me

Self Confidence

Self-confidence was measured through the self-confidence questionnaire. The self-confidence questionnaire was designed to measure the degree of self-confidence experience prior to the competition. It was developed by Philippe David Philippe. David self - confidence questionnaire was given to all subjects. Thirty two items were adopted from Philippe David self – confidence questionnaire for this investigation.

A score of 4 was given for “always”, 3 for “frequently”, 2 for “occasionally” and 1 for “never”.32 questions are there. Add scores together and refer to the analysis of guidance.

TABLE-III

1	Never
2	Occasionally
3	Frequently
4	Always

Statistical technique

Factually, the data gathered from the subject are seen. ANOVA was used to look at the football player’s independent variables. The ‘F’ proportion acquired was seen as huge, the Scheff test was utilized as a post hoc test to decide the mean contrasts combined.

RESULT AND DISCUSSION

Result of anxiety

TABLE IV: Showing the mean value of anxiety among different positional football players (scores in points)

Strikers	Mid fielders	Defenders
53.0000	51.8500	56.6000

TABLE IV (a): Result of one way analysis of variance of anxiety among different positional football players (scores in points)

Variable	Source of variance	Sum of Squares	DF	Mean Square	Obtained ‘F’ Ratio	Required F Ratio
ANXIETY	Within	3361.350	57	58.971	2.083	3.16
	Between	245.633	2	122.817		
	Total	3606.983	59			

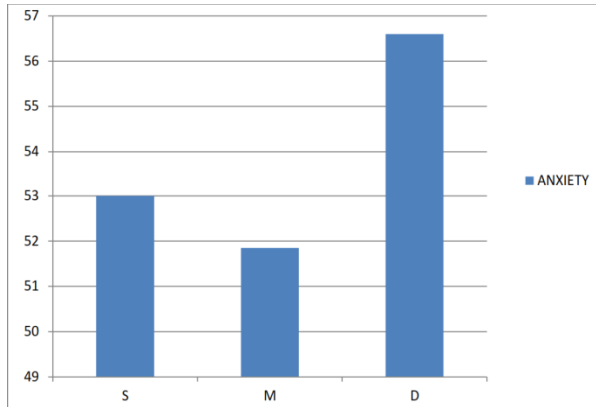
*Significant at 0.05 level of confidence. DF: Degree of Freedom. Required table value for the test the significance as 3.16 with the df of 2 and 57.

DISCUSSION ON ANXIETY

The mean value of strikers, midfielders and defenders were 53.0000,51.8500 and 56.6000 respectively. The obtained F-ratio 2.083 was lesser than the table ratio of 3.16 and the degrees of freedom 2 and 57. The result of one way analysis of variance clearly proved that there was no significance on anxiety among three different positional players of strikers, midfielders and defenders.

FIGURE 1

The bar diagram of one way analysis of variance on anxiety of three different positional football players



S - Strikers

M – Midfielders

D – Defenders

Result of aggression

TABLE V: Showing Mean value of aggression among different positional football players (scores in points)

Strikers	Mid fielders	Defenders
83.9000	88.0000	91.3500

TABLE V (a): Result of one way analysis of variance of aggression among different positional football players (Scores in points)

Variable	Source of variance	Sum of Squares	DF	Mean Square	Obtained 'F' Ratio	Required F Ratio
AGGRESSION	Within	9388.350	57	164.708	1.691	3.16
	Between	556.900	2	278.450		
	Total	9945.250	59			

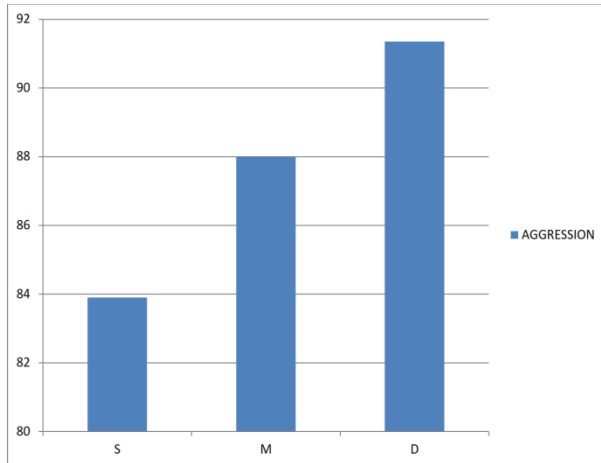
*Significant at 0.05 level of confidence. DF: Degree of Freedom. Required table value for the test the significance as 3.16 with the df of 2 and 57.

DISCUSSION ON AGGRESSION

The mean value of strikers, midfielders and defenders were and 83.9000, 88.0000 and 91.3500 respectively. The obtained F-ratio 1.691 was lesser than the table ratio of 3.16 and the degrees of freedom 2 and 57. The result of one way analysis of variance clearly proved that there was no significance on aggression among three different positional players of strikers, midfielders and defenders

FIGURE 2

The bar diagram of one way analysis of variance on aggression of three different positional football players



S - Strikers

M – Midfielders

D - Defenders

Result of self confidence

TABLE VI: Mean value of self confidence among different positional football players (scores in points)

Strikers	Mid fielders	Defenders
72.8500	70.6500	61.6500

TABLE VI (a): Result of one way analysis of variance of self confidence among different positional football players (Scores in points)

Variable	Source of variance	Sum of Squares	DF	Mean Square	Obtained 'F' Ratio	Required F Ratio
SELF CONFIDENCE	Within	5771.650	57	101.257	6.955*	3.16
	Between	1408.533	2	704.267		
	Total	7180.183	59			

*Significant at 0.05 level of confidence. DF: Degree of Freedom. Required table value for the test the significance as 3.16 with the df of 2 and 57.

The result of one way analysis of variance clearly proved that there was significance on self confidence among three different positional players of strikers, midfielders and defenders. The Scheffe’s post hoc test was used to analyze the paired mean significance difference.

TABLE VI (b): Result of scheffe’s post hoc test of self confidence among different positional football players (scores in seconds)

Strikers	Midfielders	Defenders	Mean differences	Confidence interval value
72.8500	70.6500		2.2*	0.4
72.8500		61.6500	11.2*	0.4
	70.6500	61.6500	9*	0.4

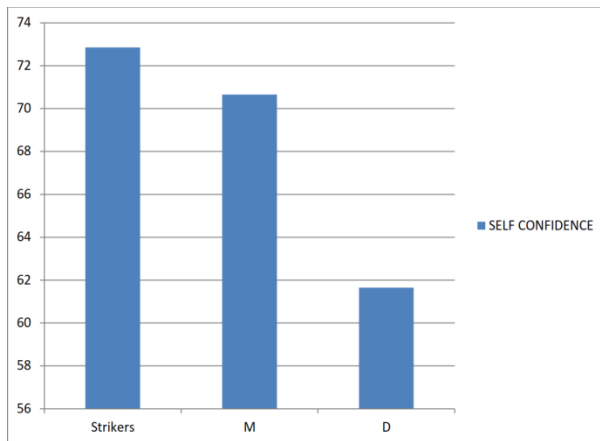
*Significant at 0.05 level of confidence

DISCUSSION ON SELF CONFIDENCE

The mean value of strikers, midfielders and defenders were 72.8500, 70.6500 and 61.6500 respectively. The obtained F-ratio 6.955 was greater than the table ratio of 3.16 and the degrees of freedom 2 and 57. The result of one way analysis of variance clearly proved that there was significance on self confidence among three different positional players of strikers, midfielders and defenders. The Scheffe’s post hoc test was used to analyze the paired mean significance difference. The comparison of strikers and midfielders mean difference values 2.2 was greater than the confidence value of 0.4. Hence the above comparison was significant. The comparison of strikers and defenders mean difference values 11.2 greater than the confidence value of 0.4. Hence the above comparison was significant. The comparison of midfielders and defenders mean difference values 9 greater than the confidence value of 0.4. Hence the above comparison was significant.

FIGURE 3

The bar diagram of one way analysis of variance on self-confidence of three different positional football players



S - Strikers

M – Midfielders

D - Defenders

DISCUSSION ON FINDINGS ON PSYCHOLOGICAL VARIABLES

1. The defenders had superior in anxiety level than mid fielders and strikers. However the strikers had greater anxiety than the midfielders.
2. The defenders had a greater aggression level than mid fielders and strikers. However the midfielders had greater aggression than the midfielders.

3. The striker had a higher self confidence level than mid fielders and defenders. However the midfielders had greater self-confidence than the midfielders

CONCLUSION

1. There was no insignificant difference existed among deferent positional players in football on anxiety.

2. There was no significant difference existed among deferent positional players in football on anxiety.

3. There was significant differences existed among deferent positional players in football on self-confidence.

REFERENCE

1. Berkowitz, L.B. (1993). *Aggression: Causes, consequences and control*. McGraw Hill New York.

2. G. C. Rosenwald, (1961), *The Assessment of Anxiety in Psychological experimentation: A Theoretical Reformulation and Test*, *Journal of Abnormal and Social Psychology*, 62(3), pp.666-673.

3. Reilly, T. and Williams A.M. (2003), *Soccer and Science*, London, E & FN Spon.